In Search of Character

Saeed Rashid

PAKISTAN

Land of liberty
Pakistan
Message of peace
Pakistan

Land of justice
Pakistan
Message of equity
Pakistan

Land of light
Pakistan
Message of hope
Pakistan

Land of tolerance
Pakistan
Message of brotherhood
Pakistan

Land of creativity
Pakistan
Message of sacrifice
Pakistan

Laboratory of Islam
Pakistan
Fortress of Islam
Pakistan

Introduction

Sultana Foundation, a major project of Islah-e-Fikr Educational and Welfare Trust, is committed to the following objectives:

1. To wage war against illiteracy and ignorance
2. To develop human resources and promote character-building and Pakistaniat
3. To provide free medicare and health education
4 To conduct research in social sector and community development
5. To foster continuous quality improvement.

During the last three years since its inauguration in June 1994, Allah has blessed the Foundation with great success in achieving these objectives. In the field of non-formal education, there is a Primary School for Boys at Farash Town and a High School for Girls in the main building and 15 primary "Dastakari" village schools in a radius of 10 kms. Under the Masjid Madrassah programme, there are 24 separate Quran schools for boys and girls in village mosques and private homes respectively. The technical programmes cover electrical, electronic and computer courses of increasingly high standard. The free medical clinic offers many facilities and has almost developed into a small hospital. In its endeavour to seek excellence in all its programme the Foundation has established a well-stocked public library and a Department of Survey and Research. Work on human resource development also includes development of human character through character education. New ideas are emerging in this field. Worsening social pollution underscores the need of positive moral values. Sultana Foundation has therefore given priority to character building in all its programmes. This theme has figured prominently in most of its numerous brochures and pamphlets.

This book under review "Insearch of character" is exclusively on this subject. It is the first formal publication of the Foundation, enriched with pearls of human wisdom.

This book has been written by Prof. Saeed Rashid in a very inspiring and thought provoking manner. Undoubtedly, he occupies a distinguished position in the field of character education and teachers role in our society. Inshallah our association with him will produce many more books of this nature.

Dr. Naeem Ghani
(Chairman Sultana Foundation)

In Search of Character
(Character Building Curriculum)

Prof. Saeed Rashid

Sultana Foundation
A Project of Islah-e-Fikr
Educational and Welfare Trust
Islamabad.

Particulars

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Dedicated

To

The teacher

Who has a passion

For

Playing the Role - model

To promote

Character - Building

Message of the Book

Do all the good you can

By all the means you can

In all the ways you can

In all the places you can

To all the people you can

As long as you can

(John Wesley)

FOREWORD

Prof. Saeed Rashid's commitment and devotion to the cause of teaching, learning and writing to promote `character building' in the youth of the nation spans half a century. It is a happy coincidence that the publication of Prof. Saeed Rashid's thought-provoking quintessential shorter works is coming out at the time of the 50th birthday of the country. The occasion certainly calls for celebration, but it also provides an opportunity for soul searching, both at the individual as well as at the national level.

The nation, soon after its birth under traumatic circumstances, had to go through a struggle for survival after the sudden departure of Quaid-e-Azam and Quaid-e-Millat in quick succession. Since then the nation has been faced with the onerous task of steering its course in the troubled national and international waters. The ultimate tally of ups and downs in the history of the country depends to a large extent on one's point of view, but this much could be safely said without fear of contradiction that the nation is still awaiting stable leadership with a clear sense of direction to get it out of the political and psycho-social confusion.

Prof. Saeed Rashid, like many other believers in democratic process, is convinced that it puts special demands on the citizens and leaders of a country for ensuring its success. Away from the babbling voices on the political scene arguing about the dangers and threats faced by democracy in the country, Prof. Saeed Rashid is single-mindedly busy in raising his voice for streamlining the educational process. His efforts have been specially focused on making education not only a channel for information, but also on using the process for helping the growing inquisitive minds to acquire qualities of `Knowledge' and `wisdom'. For Saeed Rashid, this is a prior condition on the road of progress from the status of being a mere `person' (Aadmi) to one, he prefers to call a human being (Insan) .

Prof. Saeed Rashid started the process of publication of books and booklets when he was actively involved in teaching. It is easy to see that in his writings, the educationist and the reformer go hand in hand. If we have a deeper look at the contents of his writings, certain concepts and images recur as if begging for recognition. The most persistent of these concepts and images are 'character' and 'character building'. This could be called his clarion-call in this age of materialism and pursuit of short-term worldly gains. Prof. Saeed Rashid has made a valiant effort to bring the aims of education in line with the goals for the nation in the perspective of Islamic way of life and the ideals of the father of the nation.

In order to establish and maintain contact with the growing minds, Prof. Saeed Rashid has experimented with a number of short and direct approaches in accordance with the concept of medium being the message. The series of message cards, brochures, book-marks and stickers are like keys in a symphonic composition with common themes. This is a unique experiment in communicating heavy weight concepts in simple and appealing language. The frequent use of English terms is also part of this conscious process to reach the hearts and the minds of the youth through the lingo they understand best. The easy rhythm of the prose poems lends itself as a highly convenient vehicle for this purpose. Prof. Saeed Rashid's persistent efforts for the promotion of the concept of being a Pakistani through character-building are highly commendable and need to be replicated by educationists throughout the country.

It is heartening to note that Islah-e-Fikr Educational and Welfare Trust Islamabad, an exceptionally genuine N.G.O., committed to social work at grass roots, is sponsoring the publication of this creative venture which I am sure will go a long way in promoting the cause of all important character education in Pakistan.

(Dr. Laeeq Mirza)

THE AUTHOR

Prof. Saeed Rashid is currently Director of Tameer-e-Millat Institute of Education & Research Islamabad and Director of Sultana Foundation Department of Character Building and Pakistaniat, Islamabad. Previous to taking up this assignment, he was the Principal of Army Public School, Jhelum and Mangla Cantt from 1990 to 1994. Before that from 1950 to 1990 he was on the faculty of Miltary College, Jhelum as House-master and Director of Research and Development Cell. Educated at Bareilly and Muslim University Aligarh, he holds Masters in Urdu & English and a professional degree in education. His special interests are: character-building, teacher educaton, Pakistaniat and creativity-oriented curriculum development. Prof. Rashid has authored 28 books on educatoin, Pakistaniat and character - building and is a Visiting Professor to F.F. Teachers' Training Institute, Rawalpindi, Army Public Schools, Roots School Rawalpindi and to other educational institutions of repute in the country.

WORKS

1. CHARACTER AND CONDUCT OF QUAID-E-AZAM.
2. LIVING WITH LEADERSHIP.
3. LEARNING TO LEAD
4. IN SEARCH OF MATURITY.
5. FROM SCHOOL TO COLLEGE
6. A LASTING LIGHT HOUSE
7. TEACHER GUIDE
8. 100 PROGRAMMES FOR TEACHER ORIENTATION
9. 100 CHARACTER BUILDING PROGRAMMES.
10. CHARACTER BUILDING MODULE
11. HAYAT-E-QUAID-E-AZAM
12. GUFTAR-O-KIRDAR-E-QUAID-E-AZAM
13. GUFTAR-O-KIRDAR-E-SIR SYED.
14. TAZKARA-E-IQBAL
15. MUKALMAT-E-IQBAL
16. SHAD-BAD-MANZIL-E-MURAD.
17. KIRDAR-KI-KIRNAIN.
18. KIRDAR SAZ
19. TAZKARA-E-SHUHADA.
20. JURATOAN KAY NISHAN
21. HAQ NAWAZ KIYANI SHAHEED SITARA-E-JURAT.
22. AKRAM SHAHEED NISHAN-E-HAIDER
23. DASTAN-E-ILM-O-AMAL (VOLUME-I)
24. DASTAN-E-ILM-O-AMAL (VOLUME-II)
25. CHIRAGON KI QATAAR.
26. CHARACTER BUILDING AND PUBLIC SPEAKING.
27. PAKISTANIAT AND CHARACTER BUILDING.
28. SHAHEED-E-SIACHIN.

PREFACE

Sultana Foundation, a major Project of Islah-e-Fikr Educational and Welfare Trust, squarely committed to promote Islam and Pakistan oriented character-education in Pakistan, prepared the Character-building and Personality grooming Module in 1994 on experimental basis. It was in the form of thoughtful bookmarks, motivational message-cards and inspirational brochures now the same is being published in the book form.

The contents of the Module were intended to be both interesting and thought-provoking, therefore a new style of communication, that of free verse was adopted. This English version of the Module, in a way, a complement to the main work in Urdu, has two parts. Part One under the caption: "Character Orientation", contains material for the students and Part Two under the caption: 'Teacher Education' offers material for the teachers, especially the new ones.

It is suggested that the Module-items may be preferably used in the Morning Assembly to promote awareness of fundamental character values and attitudes. The same can be used as public-speaking exercises to build up confidence and communication skills. Teachers, parents, educationists and those interested in personality development, are requested to comment on both the content and the style of this Module so that it could be improved upon in later editions.

Lastly, I should like to whole-heartedly thank Dr. Laeeq Mirza, a renowned psychologist, for writing a very perceptive Foreword to this Collection. God bless him.

Saeed Rashid

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TEACHER EDUCATION

PART I

Character Orientation

(a) Book Marks

* Pakistan Song
* Love Pakistan Serve Pakistan
* Long Live Pakistan
* The Quaid Said
* Courage
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* Discipline
* Fruits of Discipline
* Quality Quest
* Thought of the Day
* Self-image of a Muslim Boy
* Self-image of a Muslim Girl
* School Prayer
* School Moral Code
* School Pledge
* Good Manners
* My Self-image
* I am a Sultanian
* Thank you Sultana Foundation
* Song of the Sultanians

PAKISTAN SONG

Fair and fine
Pakistan

Pure and peaceful
Pakistan

Great and strong
Pakistan

Fortress of Islam
Pakistan

Laboratory of Islam
Pakistan

Zindabad
Pakistan

Paindabad
Pakistan

---

* Water flows downward not upward.

LOVE PAKISTAN SERVE PAKISTAN

Think aright
Speak aright
Do the right
And
Do it well
Love Pakistan
Serve Pakistan

Work hard
Play hard
On time
And
Waste no time
Love Pakistan
Serve Pakistan

Keep the candle
Burning
Spread the light
Far and wide
Let Pakistan be
Full of light
Love Pakistan
Serve Pakistan

Be fair to all
Be he
A friend or foe
Give each
His due
Be he
Big or small
And be
Kind to
Every one
Love Pakistan
Serve Pakistan

Plant the plants
Water the trees
Keep the place clean
And the earth
Ever green

Learn to
Tolerate
Learn to
Co-operate
And
Face the difficulties
With a smiling face
Love Pakistan
Serve Pakistan

To be healthy
Is
To be good
To be happy
Is
To be good
To be strong
Is
To be good
To be bright
Is
To be good
Be good
Do good
Make Pakistan
Good
Love Pakistan
Serve Pakistan
Zindabad Pakistan
Paindabad Pakistan

LONG LIVE PAKISTAN

Home! sweet home!
Pakistan is my home.
A big sweet home!
I like my Pakistan.
I love my dear Pakistan.
Long live, Pakistan,
Long live, Pakistan!

Pakistan is my dear country,
Bright and beautiful.
Pakistan is my dear country,
Pure and peaceful.
I love the beloved land of Pakistan.
I love the scented dust of Pakistan.
Zindabad Pakistan.
Paindabad Pakistan.

Pakistan is my never-failing hope.
I'm the future hope of Pakistan.
Pakistan is my ever-lasting pride.
I'm the future pride of Pakistan.
The whole of Pakistan would be
Proud of me,
One day.
Insha-Allah! Insha-Allah!

---

* Sea food is not salty although it comes from sea.

THE QUAID SAID

* Work, Work and Work
* March on. March on
* Unity, Faith, Discipline
* Discipline first
* Build up the character
* Knowledge is light
* Knowledge is power.
* Pen is stronger than sword.
* Pakistan is a fortress of Islam
* Pakistan is a laboratory of Islam
* Islam is the sheet-anchor of Pakistan
* Islam is a code of life.
* Tolerance and good-will for all
* One God, One Book
  One Prophet, One Nation
* Pakistan is a means to an end
* Pakistan has always been there
* Money is lost, nothing is lost
  Courage is lost, much is lost,
  Honour is lost, most is lost,
* Soul is lost, all is lost.
* The one who values himself, values time
* Hope for the best.
  Be prepared for the worst.
* Service before self
* Build quickly and well
* Clean in thought, word and deed
* Quaid-e-Azam said to the students,
  "You are real makers of Pakistan"
* Quaid-e-Azam said to the students
  "Many Jinahs will arise from amongst you"
* Quaid-e-Azam said,
  "I'm a soldier of Pakistan"

---

* Shake one branch and ten branches will also shake with it.

COURAGE

O, God !
Give me courage
To find
The truth

O, God !
Give me courage
To tell
The truth

O, God !
Give me courage
To face
The truth

O, God !
Give me courage
To live
With the truth

I can
I will

- You can deceive your seniors but not your juniors.

FREEDOM

To be free
Is
To be free to choose
To choose better
Is
To think better
And
To think better
Is
To be better educated
Education and freedom
Go together
Always and everywhere

Education promotes
Responsibility
and
Responsibility
Protects freedom
Always and everywhere

To be free
Is
To be responsible
To be more free
Is
To be more responsible
Always and every time
Deep down
In responsibility
Lie
The roots of
Freedom
Always and everywhere
The finest fruit
That
Responsibility bears
Is
Freedom
Always and everywhere

DISCIPLINE

To be healthy is
To be disciplined
To be happy is
To be disciplined
To be
A man of honour is
To be disciplined
To be
A man of character is
To be disciplined
To be able to reach
The top of excellence is
To be disciplined
To be a nation
Great and strong is
To be disciplined
To be free is
To be disciplined
Like twins
Discipline and freedom
Grow together
Always and everywhere
Discipline comes from
Values and will
Discipline is
To be able to manage
Time and direction.
Always and every time
At the root of all good
That comes to man lies
Discipline
Always and everywhere

FRUITS OF DISCIPLINE

What is a Song?
Discipline of
Sounds

What is a Painting?
Discipline of
Lines and Colours

What is Character?
Discipline of
Values

What is Health?
Discipline of
Living Habits

What is Happiness?
Discipline of
Thinking and Feeling

What is Success?
Discipline of
Time and Direction

What is Progress?
Discipline of
Priorities

What are Priorities?
Discipline of
Wants and Needs

- A tree depends upon its roots. A man depends upon his heart.

QUALITY QUEST

He lives most
Who thinks most,
Feels the noblest.
And acts the best

SOW AN ACT

Sow a Thought, and you reap an Act
Sow an act, and you reap a Habit,
Sow a Habit, and you reap a character
Sow a Character, and you reap a destiny

(SAMUEL SMILES)

LIFE'S BATTLES

Life's battles don't always go
To the stronger or faster man,
But soon or late the man who wins
Is the man who thinks he can.

IT'S ALL IN THE STATE OF MIND

If you think your are beaten
You are !
If you think, you dare not,
You don't
If you like to win but you think,
You can't
It is almost certain, you won't.
If you think you will lose,
You are lost:
For out of the world, we find
Success begins with a fellow's will
It's all in the state of mind.

GOOD BETTER BEST

Good better best
Never let it rest
Until the good becomes better
And the better becomes the best

TO BE THE BEST,

To be the best
I must want to be the best
And never settle for anything
Less than the best
To be the best
I must make most
Of each situation,
Opportunity and test
To be the best,
I must give my best
To those who give me their best.

THOUGHT OF THE DAY

For
Every enemy
There
Is
A friend

It
Is
Far more
Honourable
To fail
Than
To cheat

Learn
To be
Gentle
With the
Gentle
And
Tough
With the tough

Learn
To laugh
When
You are
Sad

Have faith
In your own
Ideas
Even if
Every one says
They are wrong

Steer
Yourself
Away
From
Jealousy
If you can.

Learn
To lose
And
Also
Enjoy
Winning.

Only
The test
Of fire
Makes
Fine steel

(Adapted from a letter
of Abraham Lincoln)

A MUSLIM BOY
(SELF-IMAGE)

I'm
A Muslim boy
Be it
Day
Or night
I'm
Always
One the move
In search of
Light

I'm
A Muslim
Boy
Caring and sharing
I am

A healing
Heart
I have
Be it
Day
Or night
I
Move about
With a
Healing touch
In the
Footsteps of
Muhammad Rasulullah
The last Messenger
Of Allah
Alhamdo-lillah !

A MUSLIM GIRL
(SELF-IMAGE)

I'm
A Muslim
Girl
A pure
Pearl
A beacon light
Be it
Day
Or
Night
I
Move about
With light
All around
Me

I'm
A Muslim
Girl
Caring and sharing
I am
Be it
Day
Or
Night
I move about
With a
Healing touch
In the
Footsteps of
Muhammad Rasulullah
The last Messenger
Of Allah
Alhamdo-lillah !

• Do not condone a small evil. Do not pass by a small courtesy.

SCHOOL PRAYER

O. God,
Give me clean hands,
and clean thoughts.
O. God,
Help me
to stand for hard right
against the easy wrong.

O. God.
Save me
from habits that harm.

O. God,
Teach me
to work hard and play fair.

O. God,
Forgive me
when I am unkind
and forgive others
who are unkind to me.

O. God,
Keep me ready to
help others,
and send me chances
to do good every day.

(Annonymous)

SCHOOL MORAL CODE

1. I am proud of my school.
2. I am always on the move in search of light.
3. I always pray to Almightly Allah to extend the frontiers of my knowledge.
4. It's my prond obligation to serve Pakistan in whatever way I can.
5. Whatever task I do, I do honestly and responsibly.
6. I have moral courage. I can tell the truth whatever the cost.
7. I am fair and just in all my dealings and I also try to move one step forward, and be kind and self-sacrifcing.
8. I'm grateful to Almighty Allah that I can work hard and wait.
9. I thank Almighty Allah that I can put up with disappointments and that I'm patient and forgiving.
10. In his infinite mercy Almighty Allah has saved me from the hell of jealousy.
11. I cooperate with other only in what is good and just.
12. I keep my thoughts and tongue clean as well as my dress.
13. I always obey my parents.
14. I respect the elders and look after the young ones.
15. I abide by all rules and regulations of my School.

SCHOOL PLEDGE

Land of our faith, our hope, our pride,
For whose dear sake our freedom fighters died;
Beloved Pakistan! we pledge to thee,
Head, heart, and hand through the years to be!

- He who always says he is right, never thinks.

GOOD MANNERS

Say 'Bismillah'
When you begin
Say 'Alhamdolillah'
When you finish

Say 'Sorry'
Say 'Thank you'
As and when It's due

Take your turn at the table
At the tuck-shop
And
In the class
Too

Don't nick-name
It's a shame

Don't tease
It's being weak
And
Rude too
Be fair in the game
And firm
On the promise
You make
A promise is
A word of honour
You have
To nonour it
If you make it

Discuss in the class
What is not clear
And ask questions to know
What you do not know

---

* Standing before a window is far different from standing before a mirror.

MY SELF-IMAGE

He lives most
Who thinks most
I am a Sultanian
I think most

He lives most
Who feels the noblest
I am a Sultanian
I feel the noblest

He lives most
Who acts the best
I am a Sultanian
I act the best

He lives most
Who lives in deeds not
in years
I am a Sultanian
I live in deeds not in years

He lives most
Who lives in thoughts not
in breaths
I am a Sultanian
I live in thoughts not
in breaths

He lives most
Who goes in for quality
I am a Sultanian
I go in for quality
And
I do not rest
Until
The good becomes better
And the better becomes the best

He lives most
Who moves about
With a healing touch
I am a Sultanian
I have a healing heart
I move about with a
Healing touch

He lives most
Who exerts
Hard and long
To remove pollution
I am a Sultanian
I exert
Hard and long
To remove pollution
From the earth
And
From the hearts too

He lives most
Who loves most
I am a Sultanian
I love Pakistan most

He lives most
Who serves most
I am a Sultanian
I serve my fellow men most
Be they
Known or unknown

Zindabad Sultana Foundation
Paindabad Pakistan

I AM A SULTANIAN

(Self-image)

I am a Sultanian
Always on the move
To spread light
Far and wide

I am a Sultanian
Clean in thought
Clean in action
Always and every time

I am a Sultanian
Caring and sharing
Be it day
Or night

I am a Sultanian
Pure and peaceful
Pleasant and cheerful
And
Ever hopeful

I am a Sultanian
Sound in character
Sound in conduct
Worthy of respect
Of every one

I am a Sultanian
I believe
In
Co-operation
In
Sharing

I am a Sultanian
I love my Foundation
My dear Alma-mater
Who has given me
Both light and love
In plenty

I am a Sultanian
Pride of
My Alma-mater
Pride of Pakistan

Zindabad
Sultana Foundation
Paindabad Pakistan

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* Words over the poillow may be lost once but not twice.

THANK YOU SULTANA FOUNDATION

Thank you
Sultana Foundation
For showing us
The way
To light

Thank you
Sultana Foundation
For helping us
Stand
On
Our own feet

Thank you
Sultana Foundation
For
Giving us
Self-confidence

Thank you
Sultana Foundation
For raising
Our
Self-image

Thank you
Sultana Foundation
For
Exposing us
To
Role-models

Thank you
Sultana Foundation
For
Showing us
How to
Serve
Pakistan
How to
Serve
Humanity
And
How to
Move about
Like a true Muslim
With a
Healing touch

Thank you
Sultana Foundation
Now
And
Forever

A great man is one who has not lost the heart of a child.

SONG OF THE SULTANIANS

If you want to know
Who we are
We are the great Sultanians
The torch-bearers
To spread light
In the darkness
That is around

If you want to know
Who we are
We are the great Sultanians
Fair and firm
Ready to serve
Every one

If you want to know
Who we are
We are the great Sultanians
Pure and peaceful
Always
Hearty and cheerful
Be the tide
Low or high
We never tell a lie

If you want to know
Who we are
We are the great Sultanians
Faithful and grateful
With a faith
In tolerance too

If you want to know
Who we are
We are the great Sultanians
The roving ambassadors
Of the Foundation
We move about
With a message of
Selfless service
To all
Be they young or old
Known or unknown

If you want to know
Who we are
We are the great Sultanians
The hope of Pakistan
The hope of the humanity
At large

Zindabad
Sultana Foundation
Paindabad Pakistan

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* Learn more. then you will know how much more you need to learn.

MESSAGE CARDS

* If you want to know
* From a Father to his Son
* Welcome Song
* Farewell Song
* Birth day greetings
* Get-Well Well Wishes
* Eid Greetings

---

* Do a hasty thing slowly.

IF YOU WANT TO KNOW

If you want to know
Who we are
We are
The blooming
Children of Pakistan
Ever ready
Ever
Spick and Span

If you want to know
Who we are
We are
The rising children of Pakistan
Fair and Firm
Always ready
To serve
Always willing
To be kind
To every one

If you want to know
Who we are
We are
The hearty children of Pakistan
Always patient
Always polite
The tide
Be
Low or nigh
We never tell a lie

If you want to know
Who we are
We are
The cheerful children of Pakistan
Full of grit
Full of courage
And
With a will
To hold on
To weather
The storms

If you want to know
Who we are
We are
The proud sons of Pakistan
The promising
Daughters of Pakistan
Without fear or fright
Always on the move
In search of
Sweetness and light

If you want to know
Who we are
We are
The brave sons of Pakistan
The dauntless daughters of Pakistan
Ever ready
For Pakistan
To fight on
Whatever
The odds
Whatever
The price

If you want to know
Who we are
We are
The determined sons of Pakistan
The dedicated daughters of Pakistan
In doings and dealings
You will find us
Straight
And upright
Always and every time.

If you want to know
Who we are
We are
The builders of Pakistan
The defenders of Pakistan
The pride of Pakistan
The hope of Pakistan

If you want to know
Who we are
We are
The future
Qadeer Khans of Pakistan
Iqbals of Pakistan
Quaid-e-Azams of Pakistan

Quaid-e-Azam Zindabad
Pakistan Paindabad.

FROM A FATHER TO HIS SON

My dear !
Always remember
For
Every enemy
There
Is
A friend

It
Is
Far more honourable
To fail
Than
To cheat

I want you
To realize early
That
The bullies
Are the easiest
To lick

I want you
To learn
To be
To be
Gentle
With the gentle
And tough
With the tough

I want you
To learn
How to laugh
When

You are
Sad.

I want to tell you
There

Is
No shame
In
Tears.

Remember
My dear !
A dollar
Earned
Is of far more value
Than five found

I want you
To learn
How to scoff
At cynics
And
Beware
Of too much
Sweetness
As well

I want you
To have faith
In your
Own ideas
Even if
Every one tells
You
That
They are wrong

I want you
To steer
Yourself
Away from jealousy

If you can.
I want you
To learn
To lose
Like a man
And
Also enjoy
Winning

I want you
To have
Strength
Not to follow
The crowd.

My advice
To you
Is
Learn
To filter
All you hear
On the screen of truth
And
Take only
The good
That comes through.

I want you
To always have
The sublime faith
In yourself
Because
It is only then
You will have
Faith
In mankind

By all means
Read books
As many as you can
But
Do have
Some
Quiet time
To ponder over
The eternal mystery
Of
Birds in the sky
Bees in the sun
And
Flowers on green hill-side

I want you
To realize
Only
The test of fire
Makes
Fine steel

I want you
To have courage
To be impatient
When
Called for
But
Have
Patience
To be brave

I want to tell you
By all means
Sell
Your brain and brawn
When it comes to
But
Never
Put a price tag
On your
Heart and soul.

WELCOME SONG

My dear son/daughter !
Welcome
To
A bigger home
Happy and hearty.

Welcome
My dear child !
Welcome
To
A larger family
Fair and fine

Welcome
My dear new admission !
To the
Adventure of knowledge
Though
Highly demanding
Yet
Equally rewarding
Too
So

My dear
Future hope of Pakistan !
Inch ahead every day
In search of sweetness and light
Steadily and perseveringly.

My dear
Future pride of Pakistan !
Let your tommorrow
Be better than
Your yesterday
Let your peers,
Your parents,
And
Your school
Be proud of you
One day.

May Allah bless you
My dear ______________
May Allah bless you
Now and forever.

---

* Admit that you do not know what you do not know, that is knowledge.

FAREWELL SONG

A shining star
Be it in sight or out of sight
Shines all the same.

A rising star
Be it in this part of the sky
or the other
Spreads the light all the same.

My dear ___________
A rising star, you are
A shining star, you are
Be it this school or that
My dear
Day in and day out
Go on moving
In search of light
And
Go on spreading
That light
Too.
All your class fellows
All your school fellows
And
All your teachers
At the school
Sincerely and earnestly
Wish you
A life of light and delight
Now
And
In years to come

Our hopes are with you
As
You are the future hope of Pakistan.

Our pride is in you
As
You are the future pride of Pakistan.

Go on blossoming, my dear !
From place to place
Go on shining, my dear !
From horizon to horizon.

With tears and smiles
We say :
Khuda Hafiz to you.

My dear __________
May Allah be with you
My Allah be with you
Now
And
Forever

BIRTHDAY GREETINGS

My Dear ________________

Today
Is
Your happy birthday
The great day
How wonderful
Congratulations!
A thousand times

God
Bless you
Today and
Everyday
In years to come

We pray
To God
The Gracious
The Kind
That
This day
And every day
In years to come
Be
Full of
Light and delight
For you
And that
In years to come
You blossom
Above all
Into
A good human being

An Insan
To be
Proud of

The longest journey
Starts
With the first
Firm foot
That moves
Forward

My dear ______________
Inch ahead
Everyday
Steadily
In search of
Sweetness and light

Move
From
Strength to strength
In
Character and conduct
Let your tomorrow
Be
Better than your
Yesterday

God bless you
Today and every day
In years to come

Happy birthday
To you
And to your dear
Mom and Dad too.

Yours ------------------------

GET-WELL WISHES

Dear ______________
We hear
You're not well
How sad!

Your teachers miss you
'Why is it, our dear .... not coming to school'.
Your class-fellows also miss you
'Where's our fine friend .... now-a-days?

I miss you too
Every morning
When you're not there
At the school gate
To shake hands
With me
Warmly and cheerfully.

Hope
To see you
Soon
Hale and hearty
Running around
Frisking about
In the school.

Cheer-up, my dear ______________
Cheer up
We all pray for you
For your early recovery
For your hearth and happiness
Now and forever
My Allah, bless you
May Allah, bless you
Now and forever.

Yours ______________
Principal

EID GREETINGS

My dear __________
Eid is
A day of
Hapiness
And
A day of
Thanks - giving

May it be
A day of
Light and delight
For you
And for
Your dear Mom and Dad too

May Allah
On this day
Of happiness
And
Thanks - giving
Make you happy
And
Make you learn
How to make others
Happy
For
It is only then
You can be happy
Really happy
Today
And all the days
All the year round
May Allah
Bless you
And your dear Mom and Dad too
Now and forever

With
Pleasant Prayers
From

• One word can save a nation, one word can also destory a nation.

ISLAMIC RHYMES

- O Say La ilaha illullah
- O Allah, the Lord of lords
- O Muhammad (PBUH), the Prophet of Peace
- O Quran, the Kitab-e-Huda
- O Islam, the Deen of Adl
- O Prayer, the Shield of Protection
- O Dua, the Door to Divine Grace

- Getting up early in the morning is like gaining a whole day.

SAY LA ILAHA ILLULLAH

When you feel bad
And you feel sad
Say La Ilaha Illullah

Then you won't feel bad
And you won't feel sad
Say La Illaha Illullah

Only Allah,
Only Allah,
Only Allah,
Can help you

He is near, He is near
Do not fear, do not fear
Only Allah can help you

When you feel bad
And you feel sad
Say La Illaha Illullah

Then you won't feel bad
And you won't feel sad
Say La Illaha Illullah

(Anonymous)

The son is always in the mother's heart but the mother is not always in the son's heart.

ALLAH, The Lord of lords

Our Lord is Allah
Our Lord is Allah
Who is the
Lord of lords
Hakemul Hakemeen
Hakemul Hakemeen
Our Lord is Allah
Who is the
Lord of lords
Hakemul Hakemeen

Our Lord is Allah
Our Lord is Allah
Who is
Rabbul Aalameen
Rabbul Aalameen
Our Lord is Allah
Who is Rabbul Aalameen
The Creator of
All worlds
The Creator of all worlds

Our Lord is Allah
Our Lord is Allah
Who is
Rehman-o-Raheem
Our Lord is Allah
Who is
Rehman-o-Raheem
Rehman-o-Raheem
Rehman-o-Raheem

Our Lord is Allah
Who is
Hakeem-o-Aleem
Our Lord is Allah
Who is
Hakeem-o-Aleem
Hakeem-o-Aleem
Our Lord is Allah
Who is
Hakeem-o-Aleem

Our Lord is Allah
Who is
Kareem-o-Azeem
Kareem-o-Azeem
Kareem-o-Azeem

Our Lard is Allah
Who is
Love
All love
To
All
To all
Our Lord is Allah
Who is love
All love
To
All
To
All

- Act in a crisis with calm, and during a calm by thnking ahead of crisis.

MUHAMMAD - The Prophet of Peace

Muhammad
The son of Abdullah
Is the last
Messenger of Allah
Peace be upon him
Peace be upon him

Muhammad
The son of Abdullah
Is the last
Messenger of Allah
Peace be upon him
Peace be upon him

It's a name for peace
A name for peace
Peace
For all peoples
For all times
For all times
Peace be upon him
Peace be upon him

Muhammad, the son of Abdullah
Is the last messenger of Allah
The last messenger of Allah
Peace be upon him
Peace be upon him

It's a name
For love
It's a name for love
Love for all peoples
Love for all peoples
For all times
For all times
Peace be upon him
Peace be upon him

Muhammad, the son of Abdullah
Is the last messenger of Allah
Is the last messenger of Allah
Peace be upon him
Peace be upon him

It's a name for
Rehmat
Is a name for
Rehmat
Rehmat
For all the worlds
For all the worlds
Peace be upon him
Peace be upon him

QURAN - the Kitab -e- Huda

Pure and perfect
Quran is the
Word of Allah
Pure and perfect
Quran
Is the word of Allah
Quran
Is the word of Allah
Pure and perfect
Quran is the word of Allah
The word of Allah

Quran is
The last
Message of Allah
Quran is
The last
Message of Allah
For all peoples
For all peoples
For all times
For all times

Quran is
Shifa
Quran is
Shifa
Shifa
For all peoples
For all peoples
Shifa
For all times

Quran is
Kitab-e-Huda
Quran is
Kitab-e- Huda
For all peoples
For all peoples
For all times
For all times

Quran is
The Guide
Quran is the Guide
Complete Guide
Quran is the
Complete Guide
For all peoples
For all times
For all times

• If one word does not suffice, a thousand are wasted.

ISLAM - the Deen of Adl

Islam
Is
A message of
Light
Islam Is
A message of Light
A message of Light
For all peoples
For all times

Islam is a
Peace
Islam is a
Message of Peace
Message of Peace
For all peoples
For
All times

Islam is
A message of
Love
Islam
Is
A message of
Love

A message of love
Love
For all
Peoples
For all
Times

Islam is a
Message of
Hope
Islam is a
Message of Hope
Hope
For
All peoples
For all
Times
For all times

Islam is
The Deen of Adl
Deen of Adl
Islam is the Deen of Adl
Adl
For all peoples
For all times
For all times

---

* In judging people, judge a common man by where he stands in the important things but judge a great man by watching what he does in little things.

PRAYER - the Shield of Protection

Prayer is a Thanks - giving
Prayer is a Thanks - giving
Pray we must
Pray we must
Five times a day
Pray we must

Prayer
Is a Promise
Prayer
Is a Promise
Promise of obedience
Promise of obedience
Pray we must
Pray we must
Five times a day
Pray we must
Pray we must

Prayer
Is a Protection
A shield of protection
Protection
From all ills
Protection from all ills
Pray we must
Pray we must
Five times a day
Pray we must
Five times a day
Pray we must
Pray we must

Prayer is a weapon
Prayer is a weapon
Weapon
Against all evils
Prayer is a weapon
Against all evils
Pray we must
Pray we must
Five times a day
Pray we must
Pray we must

Prayer is a Thanks - giving
Prayer is a Promise
Prayer is a Protection
Prayer is a Weapon
Pray we must
Pray we must
Five times a day
Pray we must
Pray we must

---

* Be human, and you may realize that you hvae been too critical of others.

DUA - the Door to Divine Grace

Dua is
The door
To divine Grace

Dua is
The door
To divine Grace
To divine Grace

Dua is
The door to
Divine Grace
Door to divine Grace

Be it
Day or night
Remember Allah
Remember
Allah's blessings
Remember Allah's blessings
Remember Allah
Remember Allah's blessings
All the time
All the time

Be it day
Or night
Thank Allah
With
Alhamdo Lillah
Remember
His blessings
Thank Allah
With
Alhamdo-Lillah
With
Alhamdo-Lillah

Be it
Day or night
Praise Allah
With
Subhan Allah
Praise Allah
With Subhan Allah
With Subhan Allah

Be it
Day or night
Thank Allah
With
Alhamdo Lillah
Praise Allah
With
Subhan Allah
With
Subhan Allah
Seek
His grace
Seek His grace
All the time
All the time

STICKERS

* I can, I will
* Knowledge is Power
* I'm Caring and Sharing

---

* A needle is not sharp at both ends.

I CAN
I WILL

KNOWLEDGE
IS
POWER

I AM CARING
AND
SHARING

PART II

TEACHER EDUCATION

MESSAGE CARDS

* Take Time
* Today
* A Lesson from Life
* The Choice
* A Prayer
* Message of Personality
* Types of Personality
* A Teacher's Self-talk
* A Teacher's Prayer
* Voice of a Teacher's Self-image.
* Thank you, Teacher
* Thank you, Sir
* The Unknown Teacher

---

* What is a good man? Simply one whose life is useful to others and a badman is simply one whose life is harmful to others.

TAKE TIME

Take time to laugh
It is the music of the soul.

Take time to think
It is the source of perpetual youth.

Take time to read
It is the fountain of wisdom.

Take time to pray
It is the greatest power on earth.

Take time to love and be loved
It is a God-given privilege.

Take time to be friendly
It is the road to happiness.

Take time to give
It is too short a day to be selfish.

Take time to work hard
It is the price of success.

(ANONYMOUS)

---

* When you go out, look at the sky: when you enter a house, watch the faces.

TODAY

Mend a quarrel
Search out a forgotten friend
Dismiss suspicion and replace it with trust
Share some treasure.
Give a soft answer.
Encourage youth
Manifest your loyalty in a word or deed.
Keep a promise
Find the time to Forego a grudge
Forgive an envy
Examine your demands on others.
Think first of someone else
Appreciate, be kind, be gentle
Laugh a little more
Deserve confidence
Take up arms against malice
Decry complacency
Express your gratitude
Gladden the heart of a child
Take pleasure in the beauty and wonder of the earth.
Speak your love. Speak it still again. speak it still once again.

(Anonymous)

Humility is a virtue but too much of it bespeaks cunning, too much silence in a man also indicates a designing mind.

A LESSON FROM LIFE

A child that lives with riducule, learns to be timid.

A child that lives with criticism learns to condemn.

A child that lives with distrust learns to be deceitful.

A child that lives with antagonism learns to be hostile.

A child that lives with affection learns to love.

A child that lives with encouragement learns confidence.

A child that lives with trust learns justice.

A child that lives with praise learns to appreciate.

A child that lives with sharing learns to be considerate.

A child that lives with knowledge learns wisdom.

A child that lives with patience learns to be tolerant.

A child that lives with happiness will find love and beauty.

(Anonymous)

---

* A man in a hurry has no wisdom.

THE CHOICE

You can
Stay
Conveniently and comfortably
As
You are
Today

Or
You can become
What
You want to become
And
Scale the heights
That
You wish to scale
By
Building a new
Self-image
More positive
More dynamic

The choice
Is
Yours

---

* The wisest man will make a slip; the most stupid man will have a bright idea.

MESSAGE OF PERSONALITY

Be it
This profession
Or
That
To be effective
Personality
Counts
Quite a lot

But
In case
Of a teacher
Personality
Counts
To a degree
That is not
Easy to calculate
Or
Account for

The core message
Of a
Teacher's personality
Reaches the hearts and
minds of his or her class.
Before
He or she speaks out
His or her
First word
In the class

The message of
Personality
Is the message
Of
One's stream of consciousness
Of
One's heart

It is this
Silent but unmistakable message
Of a teacher's personality
That
Makes all the difference
To
What goes on in the class
And outside

TYPES OF PERSONALITY

The Colourless Personality
If present
Is not
Particularly noticed
And if
Absent
Is not especially missed
With low
Self-image
Makes no impact
And leaves
No mark
Upon the mind

The Impressive Personality
Gifted with
Superior intelligence
Exceptional talents
And sharp looks
And
Crowned with
An elegant life style
Does impress
Instantly and deeply
But
Does not move the heart
(That's the price one pays for
the under-developed heart)

The Self-centred Personality
Howsoever
Bright
Efficient
And sophisticated
Puts one
Subconsciously on alert
Evokes
Distrust
And fills the heart
With a
Lingering tension

The Radiant Personality
Ever radiant
With a
Touch of
Glowing grace
Radiates
Life and confidence
And fills the heart
With light and delight

The Inspiring Personality
Sincere and warmhearted
Touches the mind
With
His on her
Values and vision
And
Reaches the heart
As an
Effective role-model
And stays there
For ever.

A TEACHER'S SELF-TALK

He lives most
Who thinks most
I'm a teacher
I think most

He lives most
Who feels the noblest
I'm a teacher
I feel the noblest

He lives most
Who acts the best
I'm a teacher
I act the best

He lives most
Who lives in deeds,
Not in years
I'm a teacher
I live in deeds,
Not in years

He lives most
Who lives in thoughts,
Not in breaths
I'm a teacher
I live in thoughts
Not in breaths

He lives most
Who goes in for quality
I'm a teacher
I go in for quality
And
I do not rest
Until
The good
Becomes better
And the better
Becomes the best.

He lives most
Who moves about
With a healing touch
I'm a teacher
I've a healing heart
I move about
With a healing touch

He lives most
Who loves most
I'm a teacher
I love my pupils most

He lives most
Who serves most
I'm a teacher
I serve Pakistan most

God bless my pupils
God bless Pakistan.

A TEACHER'S PRAYER

The Prophet (P.B.U.H.)
Said
Knowledge is a treasure
And the key to it is
Question
O, God !
Give me courage
To question
What I know
And courage
To question
To know
What I do not know.

O, God !
Give me courage
Never to stop
Questioning
Question is the thing
Question promotes
Critical thining
The end all and be all of
Education

Iqbal said :
Collect knowledge
As well as
Create
Knowledge.
O, God !
Give me the vision
To create knowledge.

Teaching is of two types :
Reproductive teaching
And creative teaching
Creative teaching alone
Is
Effective.

O, God !
Give me the will
To build up
My teaching skills
To be a
Creative teacher.

Teachers are of two
Kinds :-
Impressive teachers
And
Inspiring teachers
O, God !
Show me the light
To grow
Into a teacher
Who inspires
Who reaches
The hearts of his/her
Students.

The Prophet (P.B.U.H)
Said :
"انما بعثت معلما"
I have been sent to be a
Teacher
Truly
Teacher is the saviour of
Mankind
O, God !
Bless me
To be a true teacher
A role-model !
A role-model !

O, God !
Bless me
Bless me !

VOICE OF A TEACHER'S SELF-IMAGE
(A ROLE DESCRIPTION)

On the stage of life
there are
More than one roles
That one plays
But
None is
So divine
As that
Of a teacher
I am sure
I can play that role
And play it well
I can I will

In life
There are
More than
One pleasures
But none
Is
More Satisfying
Than
The pleasure of
Creative teching
Thank God
I can do
Creative teaching
I can I will

I know
The children
Are there in the school
To learn to learn
To learn to think
To learn to evaluate
And
I'am there
To lead them
To learn all this
So that
They build up
Their personalities
To live
Effectively
And
I do know
That
The children
Do not learn
Their values
From books
Nor from
The sermons
Howerver high-
sounding
They learn their values
Their attitudes
From none else
But mostly from me
I'm their role model
I'm that
Invisible curriculum
That is going to make
All the difference
In their lives
In years to come
I know
the difference
Between
Wants and needs
Between
Position
and performance
Between
Vertical and horizontal
Movement of career
I've set
My priorities right
I can I will

It is said
He lives most
Who thinks most
Feels the noblest
And acts the best
By the grace of God
I think most
Feel the noblest
And act
The best
I can I will

Day in
And day out
I remind
Myself
God has given me
A grand opportunity
To show
my worth
As an architect
Of my country
My dear
Pakistan
I won't let
it be
Said
That I
Did not prove equal
To the task
With courage
And vision
I can
Meet this challenge
I can I will

THANK YOU TEACHER

Thank you, teacher !
For
Leading me
To learn to learn
To learn to think and
To learn
To know
What is right and
What is wrong

Thank you, teacher !
For helping me
Discover
My "Self"
My potential
My limits and limitations
And build up
A positive
Self-image

Thank you, teacher !
For
Encouraging me
To take initiative
As and when called for
And thereby
Build-up
Confidence

Thank you, teacher !
For
Inspiring me
To develop
Moral courage
Courage to find the truth
Courage
To tell the truth
And courage
To face the truth

Thank you, teacher !
For
Promoting
My creativity
And
Divergent thining

Thank you, teacher !
Again and again
For
Helping me
Develop
The reading habit
That has made
All the difference
In my life now
And which
Will continue to be a source
Of continuing education
And quality improvement
In years to come

Thank you, teacher !
For
Making me understand
Quite early
That
Discipline
Is
Power
Discipline
Is
Freedeom
And that
Freedom
Is
Responsibility

Thank you, teacher !
For
Playing the role-model
Of a teacher
As an instructor
As an educator
And
As a mentor
So effectively
So devotedly

Thank you, teacher !
For
Guiding me
To evolve
A sense of priorities
A pattern of values
And
Thereby
Build-up
A creative life-style

Thank you, teacher !
For
Showing me
How to be
Caring and sharing
How to be
Tolerant
Patient,
Fair, and
Firm
And
How to be
Kind to the weak
And
Strong with the head-strong

Thank you, teacher !
For
The faith
That you always had
The hope that you always
Reposed
In me
In spite of
My odd failings
And
Casual lapses

Thank you teacher !
For
Helping me to
Develop good taste
And acquire social graces

Thank you, teacher !
For
Proving
How a timely word of sincere
Advice/encouragement
Changes the whole course of
One's life

Thank you, teacher !
For
Making me aware of
What I owe
To my parents
To Pakistan, to Islam and
To humanity at large

Thank you, teacher !
For
Giving me
A new vision of Pakistan
And that of Islam
Thank you
Teacher
Thank you

THANK YOU, SIR
(Teacher's Day Greetings)

Thank you, teacher!
For
Helping me
Pick up
The golden habit
The reading habit
That
Has made
All the difference
In my life now
And
which will
Lead
In years to come
To my
C.Q.I.
(Continuous Quality
Improvement)
Thank you, teacher
For
Making me realize
In time
That
To secure C.Q.I.
Managing
Time
And
Direction
Counts most
Thank you, teacher!
For grooming my
Critical thinking
The key
To
Creative living
Thank you, teacher!
For
Building up
My self-image
Thank you,
My great teacher!
Thank you,
Now
And forever

---

* One heart can not serve two.

THE UNKNOWN TEACHER

Sing the praise of the unknown teacher. Great generals win campaigns, but it is the unknown soldier who wins the war. Famous educators plan new systems of pedagogy, but it is the unknown teacher who directs and guides the young. He lives in obscurity and contends with hardships. For him no trumpets blare, no chariots wait, no golden decorations are decreed. He keeps the watch along the borders of darkness and makes the attack on the trenches of ignorance and folly. Patient in his daily duty, he strives to conquer the evil powers which are the enemies of youth. He awakens sleeping sprits. He quickens the indolent, encourages the eager, and steadies the unstabe. He communicates his own joy in learning and shares with students the best treasures of his mind. He lights many candles which. in later years, will shine back to cheer him. This is his reward, Knowledge may be gained from books, but the love of knowledge is transmitted only by personal contact. No one has ever deserved better of the republic than the unknown teacher. No one is more worthy to be enrolled in a democratic aristocracy, "king of himself and servant of mankind."

(Henry Van Dyke)

- Fires and floods have no preference for persons.

Brochures

Exercises in Critical Thinking
Words of Wisdom
Giving is Receiving
Question of the Day

---

* Praise a man at his back and not to his face. He will really appreciate it when he hears it.

EXERCISES IN CRITICAL THINKING

* I think therefore I am. (Descartes)
* Other species do not change. Man has transformed both the world and himself. His specific quality is purposeful change through thought. (Gilbert Height)
* That those that think must govern those that toil. (Goldsmith)
* Imagination is more important than knowledge for knowledge is limited to all we know and understand while imagination embraces the entire world and all there will be to know and understand. (Einstien).
* Imagination rules the world. (Napoleon)
* Knowledge is the highest virtue and all vice is ignorance. No man knowingly does evil. (Socrates)
* Wrong aries from ignorance. (Socrates)
* The unexamined life is not worth living (Socrates)
* To understand all is to forgive all (French Proverb).
* It is a luxury to be understood. (Somerset Maugham).
* Seek to understand before seeking to be understood. (R.Covey)
* As he thinks in his heart, so he is. (Old Testament)
* We believe much, know little. (Rousseau)
* A man of great knowledge writes simply, a man of great wealth dresses simply, and a man of great understanding lives simply.
* There is a statue in every piece of marble. (Aristotle)
* Education makes a people easy to lead, difficult to be governed and impossible to be enslaved.
* A good teacher is not a candle-bearer, he is a candle himself.
* Man is the measure of all things. (Sophists)

* Proper study of mankind is man. (Alexander Pope)
* They also serve who only stand and wait. (Milton).
* To err is human, to forgive divine. (Alexander Pope).
* All sufferings have their rewards (Mark Twain).
* The retribution may follow late after the offense, but follow it must because it accompanies it. Crime and punishement grow out of the pleasure which conceded it. Cause and effect, means and ends, seeds and fruits can not be severed, for the effect already blooms in the cause, the end preexists the means, the fruit is in the seed. You cannot do wrong and get away with it. The thief only steals from himself. (Emerson).
* With malice toward none, with charity for all. (Abraham Lincoln).
* Only the actions of the just smell sweet and blossom in their dust.
* Your can fool some of the people all the time and all of the people some of the time, but you can not fool all of the people all the time. (Abraham Lincoln)
* Ripeness is all (Shakespeare)
* To be happy is to be good. (Bertrand Russell)
* Power corrupts and absolute power corrupts absolutely (Lord Acton)
* I disapprove of what you say but I will defend to death your right to say it. (Voltaire)
* So many deeds cry out to be done always urgently. The world rolls on. Time passes, seize the day, seize the hour. (Moatze Tung).
* Character is caught rather than taught.
* A habit is ten times nature.
* The end is where we start from. (T.S. Eliot).
* He drew a circle that shut me out. But I love, I had the wit to win. I drew a circle that let him in. (Edwin Markham).

* Every advantage has its tax. (Emerson).

* Our strength grows out of our weakness. Every man in his life time needs certain compensations. Nature thus balances every gift and defect. (Emerson).

* Not decidig is deciding.

* Necessity is the argument of tyrants, it is the creed of slaves. (Wiliam Pitt)

* Do what you can, with what you have and wherever you are.

* There are more ways to communicate feelings than with words.

* You cannot improve the speech without improving the person. (George Bernard Shaw)

* A hundred times every day I remind myself that my inner and outer life depends on the labours of other men living and dead, and that I must exert myself, to give in the same measure as I have received and am still receiving. (Albert Einstien).

* Reason functions when it controls funcuons.

* Trust begets trust, Fear ecalates fear.

* Fear and distrust overperceive the danger, trigger defensive behaviors and escalate tension.

* When trust is high relative to fear, people and systems function well.

* Trust is a releasing process. It frees one's creativity, allows one to focus one's energy on creating and discovering rather than on defending.

* There are times in our lives when imbalance is balance, when a short over focus, contributes to our overall mission in life.

* The secret of happiness is this; let your interests be as wide as possible and let your reactions to things and persons that interest you, be as far as possible friendly rather than hostile. (Bertrand Russell).

- All happy families resemble one another but each unhappy family is unhappy in its own way. (Tolstoy).
- Each role is vitally important. Success in one role cannot justify failure in another. Success or failure in any role contributes to the quality of every other role. (First Things First)
- To strive, to seek to find and not to yield. (Tennyson).
- We, who are undefeated because we have gone on trying.
- Life's battles don't always go to the stronger or faster man, but soon or late the man who wins, is the man who thinks he can.
- Self-image is the base, the foundation on which is built your entire personality, behaviours and even circumstances.

  Self-image is of utmost importance because we can not be more effective, more successful, better coordinated, more creative or more anything other than what our self-image says we are.
- Self-image controls our entire potential such as intelligence, attitudes, performance, will power, effort, ingenuity or aptitudes. The behaviour is entirely dependent on self-image through our sub-conscious
- By using positive imagination a new subconscious picture of our-selves, the self-image, can be created.
- Self-image is not confined to individuals alone. Organizations, teams, armies, nations etc., all have self-image.
- Two roads diverged in a wood and I took the one less travelled by. And that made the difference. (Robert Frost)

- Learning is like paddling a canoe aganst the current, it recedes if it does not advance.

WORDS OF WISDOM

(Gleanings from the Chinese Litrature)

* You can deceive your seniors but not your juniors.
* Do a hasty thing slowly.
* Learn more, then you will know how much more you need to learn
* Do not condone a small evil. Do not pass by a small courtesy.
* One word can save a nation, one word can also destory a nation.
* A man in a hurry has no wisdom.
* The wisest man will make a slip; the most stupid man will have a bright idea.
* One heart can not serve two.
* Fires and floods have no preference for persons.
* When you go out, look at the sky; when you enter a house, watch the faces.
* A needle is not sharp at both ends.
* Getting up early in the morning is like gaining a whole day.
• Learning is like paddling a canoe against the current, it recedes if it does not advance.
* We are all born the same way but one can die in a hundred different ways.
* If one word does not suffice, a thousand are wasted.
* He who always says he is right, never thinks.
* In judging people, judge a common man by where he stands in the important things but judge a great man by watching what he does in little things.

* Words over the poillow may be lost once but not twice.
* Water flows downward not upward.
* Shake one branch and ten branches will also shake with it.
* The softer the mud, the deeper one digs.
* Sea food is not salty although it comes from sea.
* Standing before a window is far different from standing before a mirror.
* A tree depends upon its roots. A man depends upon his heart.
* The son is always in the mother's heart but the mother is not always in the son's heart.
* Act in a crisis with calm, and during a calm by thinking ahead of crisis.
* Be human, and you may realize that you have been too critical of others.
* Humility is a virtue but too much of it bespeaks cunning, too much silence in a man also indicates a designing mind.
* Praise a man at his back and not to his face. He will really appreciate it when he hears it.
* Do not be slow to correct a mistake.
* Do not worry that people do not know you. Worry that you may not be worth knowing.
* What is a good man? Simply one whose life is useful to others and a badman is simply one whose life is harmful to others.
* Admit that you do not know what you do not know, that is knowledge.
* A great man is one who has not lost the heart of a child.

* There is quite difference between "I can not do it and I won't do it." Usually it is the latter.
* Everybody dies. How he dies is important. Sometimes a death has the weight of a mountain, sometimes it is lighter than a feather.
* Beware of a man who is always doubtful when he hears something good about a man but is quick to believe something bad.
* One must try to be good but not goody - goody. One must be realistic in understanding the world's ways but idealistic in one's motives and actions.
* Do unto others as you would have others do unto you. But better do not expect others to do unto you what you would do unto others.
* A man is difficult to know but a man who is too easy to know is not much worth knowing either.
* Forgive your servants when they offend you. Do not forgive them when they offend others.

(The Importance of Understanding by Lin Yu Tang)

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* We are all born the same way but one can die in a hundred different ways.

GIVING IS RECEIVING

* What makes life worth living.
  Is our giving and forgiving

* Giving with cheerfulness is the way.
  To security and happiness.

* Life is richer when we give
  Love is sweeter when we share
  And heavy loads rest lightly when we have learned to bear.

* Giving requires good sense.

* The manner of giving is worth more than the gift.

* The giving of love.
  Is an education itself

* Rich gifts wax poor when the givers prove unkind. (Shakespeare)

* A friend is a present you give to yourself.

* The greatest of giving is the giving of hope.

* He who wants to do a great deal of good at once will never do anything.

* He gives double who gives un-asked.

* Charity for all.

  Malice toward none (Abraham Lincoln)

* He gives twice who gives quickly.

* It is not enough to give to others.
  Also let others give to you.

* Give whatever you can - your time, your care, your love.

* Remember, when you sincerely give
  you may be starting a chain of giving.

* Everyone of us has something or the other to give.
* He that giveth should never remember, he that receives should never forget (Bible).
* Giving grudgingly is no giving.
* The gift of things is never as precious as the gift of thoughts.
* To receive a present handsomely and in the right spirit, even when you have none to return is to give one in return.
* We give of ourselves when we give gifts of the mind ideas, dreams, purposes, principles, plans, inventions, projects, poetry etc.
* Do all the good you can

  By all means you can

  In all the ways you can

  In all the places you can

  At all the times you can

  To all the people you can

  As long as ever you can.

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* Do not worry that people do not know you. Worry that you may not be worth knowing.

QUESTION OF THE DAY

1. Do you know how pearls are formed?
2. Do you know how bats see in the dark?
3. Do you know what food chain is?
4. Do you know why the trees do not grow above the tree line on mountain tops?
5. Do you know why birds preen themselves?
6. Do you know where it would be difficult to drain?
7. Do you know what fossils are?
8. Do you know why birds eggs are shaped the way they are?
9. Do you know why birds have different beaks?
10. Do you know how trees draw up water?
11. Do you know what carnivorous plants are?
12. Do you now what a shooting star is?
13. Do you know why birds swallow pebbles?
14. Do you know how birds fly?
15. Do you know how water can break rocks?
16. Do you know how to tell the age of a fish?
17. Do you know why insects are attracted to light.
18. Do you know why animals eyes shine in the dark?
19. Do you know what a light year is?
20. Do you know where stars come from?
21. Do you know what is delicate balance of nature?
22. Do you know what the green house effect is?
23. Do you know why people are worried about the ozone layer?
24. Do you know what bio-diversity is?
25. Do you know why we feel thirsty?
26. Do you know when people stop growing?
27. Do you know that blood is not always red?

28. Do you know why we smile?
29. Do you know why we dream?
30. Do you know why people have skins of different colours?
31. Do you know where your body stores its energy?
32. Do you know how we hold things?
33. Do you know why we must sleep?
34. Do you know why we have warm bodies?
35. Do you know why we have nerves?
36. Do you know what skin is made of?
37. Do you know what colour blindness is?
38. Do you know why we need to breathe?
39. Do you know how teeth are formed?
40. Do you know why we have kidneys?
41. Do you know why you cannot breathe and swallow at the same time?
42. Do you know what plasma is?
43. Do you know why some people have flat feet?
44. Do you know why we grow old?
45. Do you know that ice can burn you?
46. Do you know how we taste food?
47. Do you know why we have eye-brows?
48. Do you know why injured joints swell up?
49. Do you know how broken bones mend themselves?
50. Do you know what is wrong with watching T.V in a dark room?
51. Do you know what ECG is?
52. Do you know why you turn pale when frightened?
53. Do you know why onions make you cry?
54. Do you know what vitamins your body needs?
55. Do you know what a watt is?
56. Do you know why teenagers get pimples?

57. Do you know why colours fade in sunlight?
58. Do you know why frozen foods last longer?
59. Do you know what hard water is?
60. Do you know why you see rainbow in the sky?
61. Do you know how a water tap works?
62. Why is the sky blue?
63. Why is it red at sunset?
64. Why does the rising moon look so big?
65. What is moonlight?
66. Why does the shape of the moon change?
67. Why is there a moon in day time?
68. What are the shadows on the Moon?
69. Why do the stars twinkle?
70. Why cannot we see stars during day time?
71. What are comets?
72. Why don't stars have names?
73. Why don't stars fall from the sky?
74. Why does sea water taste salty?
75. Why are there waves?
76. Why is the sea blue?
77. What causes hot springs?
78. What don't trees grow in the desert?

Special Supplement

GUIDANCE

1.	Good Manners	(Junior School)
2.	Personal Safety	(Junior School)
3.	Personal Hygine	(Junior School)
4.	Insearch of Guidance	(Senior School)

(b) PROSE POEMS

1. Learn to Labour and to Wait
2. Do not Look Back

GOOD MANNERS
(in and around the class)

Q. Do you stand in a queue whenever it is due?
A. Yes, I always stand in a queue.
Q. Do you take your turn in a queue?
A. Yes, I always do that.
Q. Do you ever throw the wrappers around?
A. No, I never throw the wrappers here and there.
Q. Where do you put the wrappers/peelings?
A. I throw them into the dustbin.
Q. Where do you put the pencil shavings?
A. I put the pencil shavings into the dustbin.
Q. Do you know how to hand over a pencil or pen to anyone?
A. Yes, I know. The pointed side is always down.
Q. Do you know how to give a pen to a teacher?
A. Yes, I know.
Q. How do you do that? Is it with the cap off or on?
A. It's with cap off and up side down.
Q. Do you know, how to return a pen after using it?
A. Yes, I know. First I replace the cap.
Q. Do you say, `Sorry' when it is due?
A. Yes, I do.
Q. Do you say, `Excuse me', when it is due?
A. Yes, I always say 'Excuse me' when it is due.
Q. Do you say 'Thank you' when it is due?
A. Yes, I always say, 'Thank you' when it is due.
Q. Do you nick name any boy?
A. No, I never do that.
Q. Do you ever laugh at a class fellow who has made a mistake in the class?
A. No, I never do that. It's very rude.

Q. Do you laugh at any one who is punished in the class/home?

A. No, it's very rude. I never do that.

Q. Do you ever tease anyone who is hard of hearing?

A. No, I never do that.

Q. Do you ever tease anyone who uses a hearing-aid?

A. No, I never do that. It's very rude.

Q. Do you ever tease anyone who wears glasses?

A. No, I never do that.

Q. Do you ever tease anyone who has a problem in walking or talking?

A. No, I never do that. Instead, I help if I can.

Q. Do you ever cut short anyone when he is talking?

A. No, I don't do that. It's very rude.

Q. Do you take your turn in asking a question?

A. Yes, I always do.

Q. Do you ever start asking a question in the class while some one else is already asking or answering a question?

A. No, I never do that.

Q. What do you say when you want the teacher to repeat what you have not heard properly or missed?

A. Then I say, I beg you pardon Sir/Madam.

Q. Do you ever ask the teacher what page to open the book at?

A. No, I never do that. I know it is very rude.

Q. Do you ever start doing the work of any other subject while the teacher is still teaching her/his subject in the class.

A. No, I never do that.

Q. Do you ever start sharpening the pencil while the teacher is teaching?

A. Doing so distracts the attention. I never do that.

Q. Do you ever secretly pass on a paper or anything to a class fellow while the teacher is teaching?

A. It's bad manners and bad discipline. I never do that.

Q. What do you say if you have to disturb the teacher when he or she is busy?

A. I say 'Excuse me' Sir/Madam.

Q. Do you ever close your book or stop writing as soon as the bell goes while the teacher is still teaching?

A. No, I never do that.

Q. Do you start fidgeting as soon as the bell goes while the teacher is still teaching?

A. No, I never do that.

Q. Do you ever try to move out from class before the teacher goes out at the end of a period?

A. No, I don't do that.

Q. Who should move out first at the end of a period , boys or girls?

A. Let the girls move out first.

Q. Should the girls enter the class room last?

A. Yes, It's their privilege, of course, but before the teacher.

ON THE PLAY-GROUND

Q. Do you get to the play ground in a line?

A. Yes, I do.

Q. Do you come back from there in a line?

A. Yes, I do.

Q. Do you push anybody while playing?

A. No, I never do that.

Q. Do you always take your turn at the swings etc?

A. Yes, I always take my turn at the swings etc.

Q. Do you trip anyone while playing?

A. No, I never do that.

Q. Do you ever question the decision of the referee?

A. No, I never do that. It's very rude.

Q. Do you clean your dusty shoes before entering the class room?

A. Yes, I always do that.

IN THE VAN OR THE BUS

Q. Who should get into the van first, the boys or girls?

A. Let girls get in first.

Q. Who should get down form the van first?

A. Again let the girls get down first.

Q. Who should get into the van/bus first, the big ones or little ones?

A. Let the little ones get into van or bus first.

Q. Who should get down first?

A. Let the little ones get down first.

Q Do you ever stick out your hand, head or legs from the van?

A. No, I never do that.

Q. Do you ever spit in the van?

A. I never do that

Q. Do you ever write anything inside the van?

A. No, I don't do that.

Q. Do you ever push any one out from the van?

A. No, I never do that.

Q. Do you ever wave to anyone while sitting in the van?

A. No, I don't do that.

PERSONAL HABITS

Q. Do you ever pick your nose in the class or in public?

A. No, I never do that.

Q. Why not?

A. Because, it's very bad manners and

Q. And what?

A. And very unhygienic too.

Q. Do you ever cough without covering your face?

A. No, I never do that. I always cover my face.

Q. With what?

A. With a hanky or with a tissue.

Q. If the hanky is not there then?

A. If hanky is not there, then with my hand.

Q. Do you ever sneeze without covering your nose?

A. I never do that. I always cover my nose.

Q. With what?

A. With a hanky.

Q. If the hanky is not there.

A. With a tissue.

Q. And if a tissue is not there?

A. I cover my nose with my hand when even the tissue is not there.

Q. What do you say when you have sneezed?

A. I say, `Alhamdolillah'.

Q. What do you say when somebody else has said 'Alhamdolillah' after sneezing?

A. Then I say, 'Yerhamokallah'.

Q. Do you ever clean your nose with your bare hands when your nose is running?

A. I never clean my running nose with my hands.

Q. Do you clean your running nose with a hanky?

A. Yes, I do.

Q. Do you clean your nose in the open?

A. No, I never do that.

PERSONAL SAFETY

Q1. Do you ever bring a razor blade, kitchen knife, fork, or scissors to the class?

A. No, I never bring these things to the class.

Q2. Do you ever poke your finger into the electric fittings of the class?

A. No, I never do that.

Q3 Do you ever pull the chair from behind any one when he/she going to sit?

A. No, I never do that. He/She may have a bad fall.

Q4 Do you ever hit any of your class fellows on the knuckles with a ruler as a joke?

A No, I never do that.

Q5. Do you ever throw pencils at each other?

A. No. I don't do that.

Q6 Do you ever hold a paper-pin between your lips?

A. No, I never do that. It may slip inside.

Q7. Do you ever poke your finger, pencil or hairpin into your mouth?

A. No, I never do that.

Q8. Do you always replace the cap of your pen after using it?

A. Yes, I I always do that.

Q9. Do you ever run across the class over the top of the desks?

A. No, I never do that.

Q10. Do you ever try to get in or out of the class through the windows?

A. No, I never try to do that.

Q11. Do you take your turn to come in or move out from the class?

A. Yes, I always take my turn.

Q12. Do you ever play practical jokes?

A. No, I never do that.

Safety in the School-yard.

Q1. Do you pull each other by the shirt from behind?

A. No, I don't.

Q2. Do you push anyone from behind?

A. No, I never do that. He may have a bad fall.

Q3. Do you stand in front or behind the swings?

A. No, I don't. I could get hurt.

Q4. Do you through banana peels on the ground?

A. No, I don't.

Q5. Do you trip anyone up, while he is walking or running?

A. No, I never do that. He may have a bad fall.

Q6. Do you wait for your turn on the slide?

A. Yes, I do.

Q7. Do you walk tip-toe on brick-railing?

A. No, I don't.

Q8. Do you climb the trees around?

A. No, I don't.

Q9. Do you run around with loose shoe-laces?

A. No, I don't.

Q10. Do you ever tie your shoe laces together and try to jump?

A. No, I don't do that.

Q11. Do you run about with a sweet or toffee in your mouth?

A. No, I don't, I could choke.

Q12. Do you ever taste wild fruit while out on a picnic?

A. No, I never do that.

Safety on the Road.

Q1. Do you run about after each other while walking on the road?

A. No, I never do that.

Q2. Do you walk on the road hand in hand with your friends?

A. No, my friends and I never walk together that way.

Q3. Which way you look while walking on the road: right, left or in front?

A. In front.

Q4. Do you ever try to read sign boards of the shops around while walking on the road?

A. No, I don't do that.

Q5. Do you start watching cars and their models while walking on the road?

A. No, I don't do that.

Q6. Do you walk on the pavement if there is any?

A. Yes, I always walk on the pavement, if there is any.

Q7. Do you know which side of the road to walk along?

A. Yes, I do.

Q8. Which side is it?

A. We always walk to the right of the road.

Q9. Where from do you have to cross the road?

A. At the zebra-crossing.

Q10. What does the green signals mean?

A. It means the road is clear, go ahead.

Q11. What does the yellow signal means after the red light?

A. It means: get ready, the road is about to be clear.

Q12. What does the red light mean?

A. Red light means: Stop and wait. Road is not clear.

Q13. Do you ever run after a moving carriage to get into it?

A. No, I never do that.

Q14. Do you stick out your foot from a moving van?

A. No, I never do that.

Q15. Do you ever try to stand on the foot-board of a moving van?

A. No, I never do that. It could be very dangerous.

Q16. Do you cycle in a zigzag on the road?

A. No, I never do that.

Q17. Do you lock the door of the car?

A. Yes, after getting in, I lock the door.

Q18. Do you ever stick your head out of the car window?

A. No, I never do that.

Q19. Do you ever play with the ignition switch , brakes, gear , steering wheel etc. in the car?

A. No, I never play with the ignition, brakes, gear or the steering wheel in the car.

Q20. Do you ever open the door while the car is still in motion?

A. I never open the door of the car while it is in motion.

Q21. Do you ever take a lift from an unknown person?

A. No, I don't.

Q22. Do you talk to strangers while on the road?

A. No, I never do that.

Q23. Do you ever accept offers of drinks/sweets from strangers at a Bus Stop?

A. No, I never do that.

Q24. Do you give out your name/address or that of your father to strangers?

A. No, I never do that.

Safety at Home.

Q1. Do you ever play with sharp broken things?

A. No, I don't.

Q2. Do you play with the kitchen knife or fork?

A. No, I don't.

Q3. Do you ever play with the electric knobs , switches or other electric/gas gadgets in the house?

A. No, I never play with electric or gas gadgets.

Q4. Do you ever leave behind the heater on?

A. No, I don't.

Q5. do you ever put the electric switches on with wet hands?

A. No, I never do that. It could be very dangerous.

Q6. Do you ever go to sleep with gas/electric heater on?

A. No, I don't.

Q7. Do you ever leave behind the electric iron on?

A. No, I never do that.

Q8. Do you ever leave behind the heating rod on and forget about it?

A. No, I never do that.

Q9. Do you know what to do when the electricity catches some one?

A. Yes, I do.

Q10. Do you ever play with the pistol or gun (any fire arms) of your father?

A. No, I never play with the fire arms even if they are unloaded.

Q11. Do you ever try to taste medicines, cosmetics lying about in the house?

A. No, I never do that.

Q12. Do you leave a needle or pinlying about on the bed or floor?

A. No, I never do that.

Q12A. Do you always wash your hands with soap after playing with your pet?

A. Yes, I always do that.

Q13. Do you ever let your pet jump into your bed?

A. No, I never let my pet do that.

Q14. do you ever aim your air-gun at each other as a joke?

A. No, I never do that.

Q15. Do you ever try to ride or drive the motor cycle/car on your own?

A. No, I don't.

Q16. do you take your little brother or sisters on a ride with you without your mother's permission?

A. No, I don't do that.

Q17. Do you ever play practical jokes?

A. I know it's very foolish. I never do that.

PERSONAL HYGIENE

Q1. How many times do you take a bath in a day?

A. Twice or thrice in summer.

Q2. When?

A. Before the school , after the school and in the evening after the games.

Q3. How many times do you have a bath in winter?

A. Twice or thrice a week (especially on Friday).

Q4. Do you take a bath with soap?

A. Yes, I take a bath with soap especially after games.

Q5. Do you keep your hands clean?

A. Yes, I keep my hands clean.

Q6. Do you wash your hands before taking your lunch?

A. Yes, I wash my hands with soap before taking my lunch.

Q7. Do you wash your hands before taking your dinner.

A. Yes, I wash my hands before taking my dinner.

Q8. Do you wash your hands after coming from the bath-room/toilet?

A. Yes, I always wash my hands after coming from the toilet.

Q9. With soap or without soap?

A. After the toilet, I wash my hands with soap always and every time.

Q10. do you trim (cut) your nails once a week?

A. Yes, I trim my nails once a week.

Q11. Are your nails black at the moment?

A. No, my nails are not black. Black nails are bad for health.

Q12. Do you ever bite your nails?

A. No, I never bite my nails.

Q13. Do you always keep your teeth clean?

A. Yes, I always keep my teeth clean.

Q14. do you know how to brush the teeth?

A. Yes, I know how to brush the teeth.

Q15. How to brush your teeth? Show me.

A. This is how I brush my teeth. (from up side down and the other way round).

Q16. Do you brush your teeth in the morning?

A. I always clean my teeth in the morning.

Q17. do you brush your teeth before going to bed?

A. I always clean my teeth before going to bed.

Q18. do you eat toffees and candies before going to bed?

A. No, I don't eat toffees and candies at night.

Q19. do you ever pick up sweets, toffees or chips from the floor and eat them?

A. No, I never do that.

Q20. Why do some children have bad teeth?

A. Because they eat too much candies.

Q21. Why do some children have bad gums?

A. Because they don't clean their teeth well.

Q22. Do you ever lick your fingers after eating ice cream?

A. No, I never lick my fingers after eating any food.

Q23. Do you lick the same lollypop or eat the same ice cream which some body else has been eating?

A. No, I don't.

Q24. Do you drink water from a glass which others have been using?

A. No, I don't drink water from a common glass.

Q25. Do you ever chew at the back of a pencil?

A. No, I never do that.

Q26. Do you ever suck your thumb in the day or at asleep?

A. No, I never suck my thumb, while awake or asleep.

Q27. do you ever spit on the ground?

A. No, I never spit on the ground.

Q28. Do you ever cough without covering your mouth?

A. No, I never do that.

Q29. Do you ever sneeze without having a tissue or hanky?

A. No, I never do that.

Q30. do you pick your nose?

A. No, I don't pick my nose.

Q31. Do you ever poke your finger into your mouth?

A. No, I never do that.

Q32. Do you rub your eyes with your hand when some thing gets into your eyes?

A. No, I don't do that.

Q33. Do you ever use the towel of your brother?

A. No, I don't.

Q34. Do you ever use the comb of your brother?

A. I don't.

Q35. Do you use the vest or socks of your brother?
A. No, I don't use the vest or socks of any body else.
Q36. Do you give these thing to others?
A. No, I don't.
Q37. How many times do you change your vest, socks, under wear in a week?
A. In summer, every day, in winter twice a week.
Q38. Do you drink clean water?
A. I always drink clean water.
Q39. Do you ever eat cut fruit from the roadside Bazaar?
A. No, I never eat cut fruit from the Bazaar.
Q40. Do you buy eatables from roadside vendors?
A. No, I never eat things from roadside vendors.
Q41. Do you sleep with your face all covered and all doors and windows of the room closed in winter?
A. No, I don't sleep that way.
Q42. Why do some children have skin diseases?
A. Because they are not careful about personal hygiene.

GOOD TEETH : GOOD HEALTH

Ayesha : Maryam, my dear sister, why are your teeth so good?
Maryam : Because I clean my teeth every day.
Ayesha : How many times do you clean your teeth?
Maryam : Twice.
Ayesha : When?
Maryam : In the morning and in the evening before going to bed.
Ayesha : How do you brush your teeth?
Maryam : I brush my teeth like this______ from upside down and the other way.
Ayesha : Do you brush your teeth from side to side?
Maryam : No, I don't. It's bad for gums.

Ayesha :	Do you always clean your teeth after dinner?
Maryam :	Yes, I always brush my teeth after dinner.
Ayesha :	Do you eat any candies after cleaning your teeth in the evening?
Maryam :	No, I don't. It's bad for teeth.
Ayesha :	Do you eat candies?
Maryam :	Yes, but not much. I never eat sweets, toffees or ice-cream after cleaning my teeth at night.
Ayesha :	Do you take chewing gum?
Maryam :	Not much. But certainly not in the class room.

IN SEARCH OF GUIDANCE

You are a Muslim an Pakistani first and foremost. Let all around you make out from what you say and do, and from how you behave here and there, that you are a worthy son/daughter of Pakistan. Let your peers, parents and teachers be proud of your conduct and character

There is nothing as good, as great, as useful as knowledge. So go all out to seek knowledge. But you can not do so in one go, nor by fits and starts. It's a long process of gradual growth. So acquire knowledge diligently, steadily and perseveringly.

Always pray to God to extend the frontiers of your knowledge.

Each child is born with immense potential for development. Discover your talents. Develop your potential.

Teaching is one thing and learning another. The teacher can help you how to learn but he cannot do the learning for you. Learning can be done only by you, by your own mind.

Learning is of two types, reproductive learning and creative learning. Go in for creative learning Mere reproductive learning is of very little use. so learn actively and creatively. Think , think and think. Use your brain.

Research approach is called for. Delve deep by asking searching questions , by challenging ideas and by experimenting. Go straight to the sources of knowledge

Research approach is called for. Delve deep by asking searching questions , by challenging ideas and by experimenting. Go straight to the sources of knowledge.

Knowledge is different from information. Gradually move from information to knowledge. This will involve thinking.

Thinking is of two kinds. Convergent thinking and divergent thinking. True knowledge comes from divergent thinking.

Courage is of three types; physical courage , intellectual courage and moral courage. Of these, moral courage matters the most. It's the hard core of character Be especially proud of your moral courage.

Telling the truth is the acid test of moral courage.

Let fair-play be your watch word. Be fair in all your dealings. This is your moral, religious and legal obligation. But being fair and just, is not enough. Move one step forward. Be kind , considerate and helpful. This attitude will go a long way to make your own social life pleasant and tension free, therefore, more productive and more satisfying.

Rise above petty things. It's the brave boy/girl, the confident boy/girl, who forgives and forgets. Without forgiveness, life is governed by an endless cycle of resentment and retaliation.

One's needs are different from one's wants. Know the difference between the two.

There is nothing as harmful and as damaging for personal growth and happiness as self devaluation.

Bullying and bragging are such symptoms of psychological weakness.

Jealousy is always counter productive; in most cases, it can be traced back to the inferiority complex.

Remember the Chinese proverb, Patience wins at long last.

Success and failure are all part of life. One success or success in one field does not mean that you will go winning all the time in all areas of human endeavor. Similarly one odd failure or a failure in one field does not mean either that you would go on failing all the time or in all the fields. Life is a whole. Luck is a whole. It's a marathon race. You have to run a hundred and one rounds. Losing an odd round does not matter much. In life there are numberless chances and equally numberless opportunities and challenges in numberless fields. So go on trying , with faith in God, faith in yourself and in your mission.

Hard times do come in one form or the other. Hold on when they do. But God is gracious. The dark pall definitely falls out. When it does, thank God but do not relax. Still toil. In relentless toiling lies your ultimate success.

Let, I can, I will, be your motto.

Discipline provides you the necessary physical and mental foundation to concentrate on your studies; it enables you to make fuller use of your time, energy and mental faculties. Hence the more disciplined the student , the better the chances of his doing better at academics. Therefore, it is said that discipline is the hard core of success.

Develop the sense of priorities. You should know what are your wants and what are your needs when it comes to spending your time, energy and money.

Here in the school the guiding principle is "Trust". Each one is trusted. You should follow this Trust System Learn to mind your own steps and behave responsibly and justify the confidence reposed in you. Remember what Churchill once said :

The price of greatness is responsibility

Fellow feeling is by itself something good. So is group loyalty. But all types of relationship have a limit. That limit is justice, that which is right not wrong. You should not go beyond that point. So do not co-operate with others in what is unjust, unfair, bad or wrong.

Injustice, in any form, cuts across the very roots of social living.

Give due respect to all your seniors. It's part of your training.

Take care of your manners always and everywhere. For manners show how well you have been brought-up. It is a matter of honour and prestige, you own and that of your parents and teachers.

Be properly and smartly dressed up for all occasions and you must be punctual without fail. Punctuality shows how responsible and disciplined you are.

'Neither a lender nor a borrower be', is a sound rule. You should avoid borrowing things if doing so is not absolutely urgent. In that case, return the borrowed articles in good condition, with thanks, of course.

Remember your first and most valuable asset is your health. Care for it. Look after it carefully now, when you are young and naturally energetic so that in years to come you fight the battle of life successfully and when the time comes to grow old, you grow old gracefully. Take to a life style that keeps you healthy and , therefore, happy and consequent upon that a success too.

Quaid-e-Azam once said :

"Wasting one's own things is sheer foolishness but wasting things that belong to the country is nothing less than a crime". Take good care of school property. Ultimately, it belongs to , Pakistan.

Mere knowing the National Anthem by heart is not enough. Try to understand each word of it and the underlying theme and its background.

Let us all be proud of our dear Pakistan
Land of our faith, our hope, our pride,
For whose dear sake our fathers died,
Beloved Pakistan! We pledge to thee,
Head, heart and hand through the years to be.

LEARN TO LABOUR AND TO WAIT

There is
A time
For
Sowing
And there is a time
For
Reaping the harvest

This is
The Law of Farm
Inexorable
And
Unchangeable

Anybody
Can
Labour
But
Everybody
Waits not

Only the one who thinks
Waits

Only
The one who is confident
Waits

Learn
To labour
Learn
To think
And
Learn
To wait

DO NOT LOOK BACK

Do not look back
Said the Quaid
If you do
You'll miss the next step

Though
Off you may stumble
Never be
Downeast
Nor lose heart
Be up
On your feet
And move on
Undaunted
Undeterred

Whatever the odds
Inch ahead
Patiently
And
The future is
Yours

The one
Who starts looking back
Gets into the habit of
looking back
And finally
Ends up
By living in the past

To look back
Is
To loose faith
In one's future
And in
One's Self too

Looking back
Is
The beginning
Of a
Sad end


Author

SACRIFICE

To care
Is
Good
To share
Is good too
But
To sacrifice
Is
The best

To love
Is
To sacrifice
The greater
The love
The greater
The sacrifice

True sacrifice
Is
By choice
Sacrifice
Comes from
strength
And
In turn
Gives strength

Sacrifice
Satisfies

Sacrifice
Wins hearts
And
Wins honour too

Sacrifice
Is
Supreme